

THE CHINOOK ADVANCE

Vol. 22

Chinook, Alberta. Thursday, Aug. 27th 1942

Royal Canadian Air Force

(By Flight Lieutenant T. C. McCall, R. C. A. F.)

Sports enthusiasts from one end of Canada to the other were interested to learn that Lionel Conacher - "the Big Train" of other years - had joined the Royal Canadian Air Force and is to take full charge of sports organization within the service. For many years Conacher was by far Canada's outstanding athlete, excelling at hockey, baseball and football, and since his retirement from active sport he has been chairman of the Ontario Athletic Commission. His organizing genius and thorough knowledge of athletics will be put to good use in the service in which physical fitness, keenness and alertness are number one requisites. He joins an ever-growing band of Canada's athletic heroes in donning Air Force Blue.

Canada's Minister of National Defence for Air, Major the Honorable C. G. Power, M. C., is now a Pilot of the Polish Air Force. Recently the strikingly designed "Wings" which adorn Poland's fliers were pinned on him in recognition of his services he has rendered Poland in the training of her airmen in this country. Also to receive the badges Air Marshal L. S. Breadner, D. S. C., Chief of Air Staff, Air Vice Marshal J. A. Sully, D. F. C., and Air Vice Marshal G. O. Johnson, M. C. Speaking in halting English, Group Captain Stefan Szuk, head of the Polish Air Mission here who single handed was responsible for the escape of the Polish Air Force to Rumania in September 1939, observed: "Only in one instance does a Polish airman speak English distinctly and with the proper accent. It is when he speaks to the enemy, using the eloquent language of the English made machine guns of his fighter plane."

Lieut.-Gen. McNaughton Inspects C.P.R. Tanks



THE stepped-up tempo of tank production at Angus Shops, Montreal, was evident everywhere when Lieut.-Gen. A. G. L. McNaughton made a detailed inspection of the big Canadian Pacific plants, whose machinery is turning out increasing numbers of medium weight "Valentines" for the armed forces. Accompanied by ranking officials of the Canadian Army and senior officers of the Canadian Pacific Railway, Canada's No. 1 rail, plunged, and went through various other tactics to show their turn of tank construction from

the smallest parts to the finished product. He displayed keen interest in the construction of the speedy war machines, a type that has been highly praised by the Russians on the field of battle. Highlight of General McNaughton's visit followed the shops inspection when six of the khaki-painted "Valentine" tanks, fresh from the Angus shops assembly line, raced out on the shops midway, where they wheeled, plumed, and went through

Above scene shows a group of Angus-built tanks awaiting shipment for "active service". Inset: Gen. McNaughton comments on some detail of tank construction. Others in the group include (left to right) H. B. Bowen, chief of motive power and rolling stock; Brig.-Gen. E. de B. Panet, Officer Commanding M.D. 4; J. H. Berry, director general of automobile and tank production; Lieut.-Gen. Kenneth Stuart, chief of the Canadian General Staff; D. C. Coleman, vice-president, Canadian Pacific Railway.

The Ladies Card Club Will Hold Meeting:

The Ladies' Card Club after having had a two month's vacation will resume holding the club meetings. The first will be held at the home of Mrs. L. Robinson on Tuesday evening, Sept. 1st.

Miss Marguerite Hittle who has been visiting with her parents, Mr. and Mrs. C. B. Hittle, left Thursday for Trochu where she will be teaching

Mrs. M. C. Nicholson returned from Calgary Tuesday where she spent a few days.

Mrs. R. Morrison was a Calgary visitor for a few days this week.

Mrs. Gallagher spent Monday evening visiting at the home of Mr. and Mrs. Harry Smith of Hanna.

Mr. Coutts and Miss Crissie were Hanna visitors Monday.

Men, Women Over 40 Feel Weak, Worn, Old?

Want Normal Pep, Vim, Vitality?

Does weak, run-down, exhausted condition make you feel tired, listless, nervous, irritable, unable to enjoy life, lose interest in work, feel old, and generally feel like a worn-out machine? If so, you need a tonic. Dr. Williams' Pink Pills for Pale People will give you the strength, vitality, and energy you need. They are the only pills that will give you the strength, vitality, and energy you need. They are the only pills that will give you the strength, vitality, and energy you need.

The following are those awarded prizes for the best flower gardens in Calgary.

Class 1-25 feet and not over 40 feet.

Mr. I. W. Gadsby, 116, 17 N. W. 2nd Mrs. V. Jacques, 606, 23 3rd Mrs. N. Diver, 312, 12th W.

Apartment Houses

1st Mrs. N. Diver, 319, 11th W. 2nd Mrs. N. Diver, 315 11th W.

This is the fourth year that Mrs. Diver has been awarded prizes for her flower gardens

Local News

Mr. J. E. Cooley and son Floyd returned from Calgary after having spent a week in the city.

Miss Eileen Proudfoot who is in training in the General Hospital Calgary, is spending a three week's vacation at the home of her parents, Mr. and Mrs. Lorne Proudfoot.

W. R. Halfpenny of the Alberta Govt. Insurance office Calgary, was a Chinook visitor Thursday.

Mr. and Mrs. Homer Butts of Hanna, were Chinook visitors this week.

Mr. and Mrs. W. H. Barros who took their daughter, Mrs. Bangs to Edmonton for medical treatment, returned this week.

Mrs. Ray Younggren and baby returned from Hanna hospital Tuesday.

Pte. Isaac Schmidt who has been in training for some time at Ottawa is home on a six weeks leave to assist his father with the harvest work.

Mrs. Greenwood and son visited last week with relatives in Calgary.

Mr. and Mrs. Geo Wanner and son were Calgary visitors this week.

Obituary

Mrs. Ida M Strand

Mrs. Ida M Strand passed away on Sunday, April 23rd, at her home at Olds, Alberta. Born in Sweden in 1879, she came with her husband to Canada in 1907, and lived on their homestead which was about fifteen miles south of Chinook, until last fall when her health failed. She with her husband moved to Olds to be with their daughter. Surviving are her husband, Mr. A. Strand, and two daughters, Mrs. M. Myhre of Manchester, Wash U S, and Mrs. A. Antonia, of Olds, Alta.

Special For The Week

| | | |
|-------------------------|----------|-----|
| Libbys Cooked Spaghetti | per tin | 14c |
| Tomato Juice | 3 tins | 25c |
| Creamo Noodles | 2 pkts | 23c |
| Classic Cleaner | 3 tins | 25c |
| Elyast Liquid Floor Wax | pint tin | 63c |
| Canada Corn Starch | 2 pkts | 23c |
| White Beans | 4 lbs | 28c |
| Oxydol Large Size | per pkt | 27c |

When buying Sugar don't forget to bring your sugar ration coupons as they are necessary even when obtaining sugar for preserving

BANNER HARDWARE AND GROCERY

IMPORTANT ORDER REPAIRS NOW

Check All Your Farm Equipment Because Repair Parts are difficult to get and getting more difficult as time goes on. If you leave your ordering until spring, chances are you will be disappointed.

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Ask Your Dealer For
I. H. C. & John Deere

COOLEY BROS.

Chinook, Alta.

Phone 10

Chinook Hotel

Try Our Meals

GOOD ROOMS

W.H. Barros

Prop.

WE FOUND ALL-BRAN SUPERIOR TO HARSH CATHARTICS

Says Mrs. R. E. Eiche, Dorval, Quebec: "KELLOGG'S ALL-BRAN has so many good qualities... it really is the 'Better Way'. It has been a family favorite for many years, and as long as it retains its qualities, ALL-BRAN will continue to be a big favorite in our home."

"Better Way" to correct the cause of constipation due to lack of the right kind of "bulk" in your diet. But remember, ALL-BRAN doesn't have the harsh cathartics. It takes time. Get ALL-BRAN at your grocer's in two convenient size packages, or ask for the individual serving package at restaurants. Made by Kellogg's in London, Canada.

A Vital Canadian Industry

IN A BOOK ISSUED RECENTLY by the joint board of the Newspaper Association of Canada and the Canadian Pulp and Paper Association some highly interesting facts are given concerning this important industry. It may surprise many Canadians to know that our forests provide us with an industry which exceeds by far that of any other in the Dominion, and which might be called a mainstay of our economic structure. As a source of foreign exchange it ranks next to gold, and is greater than that of copper, wheat and nickel combined. At the present time, it is bringing to Canada annually over a quarter of a billion dollars from the marketing of its products in other lands. The industry is said to affect almost every branch of Canadian endeavor, and it has had a great influence on the development of other industries including farming, mining, and transportation. No other undertaking has contributed so much to the extension of hydro-electric power in Canada.

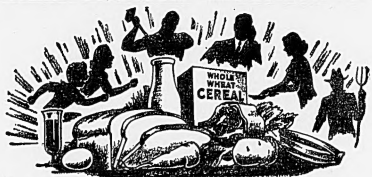
Source Of Revenue

Half a million Canadian citizens depend directly on the pulp and paper industry for their living. No other manufacturing industry pays out as much in salaries and wages, and its invested capital is the largest of any industry in the Dominion. Between 1930 and 1935, which were depression years, the pulp and paper industry brought to Canada \$563,000,000. In those same years, the return from gold export was \$475,000,000, and from nickel \$130,000,000. In 1939 there were 99 pulp and paper plants in Canada. The people employed in this industry numbered nearly 40,000; and the total wages paid amounted to \$42,619,311. With the added activity of the industry in wartime all these figures are now considerably increased.

Supplies Needs

Both for peace and wartime requirements the industry contributes much to our vital daily needs. In civilian life we draw from it newsprint, book, writing, and wrapping paper and many building products. To the materials of war it contributes a great deal. It is used in the production of explosives, in shells, in land and navy mines, in parts of airplanes and mechanized equipment, and many other war weapons. It is also of great value in the building of barracks, war plants and camps. The construction of one battleship requires 15 tons of paper, including that used for the vast number of minute drawings involved in the construction of its guns and equipment. From these facts we are again impressed with the great contribution made by our forests to the national economy. It is clear that our forest lands are an asset to be guarded with care, and that the pulp and paper industry is one that should be supported and maintained as one of our foremost national enterprises.

Fruits - Good To Eat - And Good For You



We are lucky people in this country. We have fruit to eat the year around, fresh, canned or dried. All fruits give us minerals and vitamins.

The High Rankers For Vitamin C—

Some fruits have more vitamin C than others. They rank: First—Oranges and grapefruit. Second—Canned or fresh tomatoes. Third—Canned pineapple. Note: Canned grapefruit and the juice have almost as much vitamin C as the fresh fruit and at times are cheaper.

How Much Fruit Do We Need?

Eat one high ranker every day, plus one other kind of fruit. For example, add apples, prunes, or figs. Your Money Goes Further If You Buy—Small "juicer" oranges instead of bigger ones. Canned grapefruit or grapefruit juice instead of fresh. Tomato juice in large cans. Small prunes instead of big ones.

Fruits Will Taste Better And Be Safer If You—

Keep all fruit and fruit juice in a cold place and cover the fruit juices. Wash fresh fruits before eating. Wash dried fruits, soak, and cook in same water.

Do You Know That—

Dried fruits in bulk are cheap and taste good. (Sweet prunes do not need extra sugar.) Mixed dried fruits can be bought in bulk? (Smaller pieces but as good flavor.) Rhubarb in season or soaked dried fruit can replace apples in Brown Betty? (Try it with prunes or apricots.) Best apple sauce is made from unpaired apples? (Better flavor and better color.)

FAVORITE RECIPES—APPLE BROWN BETTY

9 1/2-inch-thick slices bread.
3 tablespoons butter
3 cups thinly sliced apples (4 to 5 apples)
1 cup sugar
2 teaspoons cinnamon
Remove crusts from bread, cut in small cubes and saute in butter, until evenly browned. Mix apples with cinnamon. Arrange alternate layers of bread and apple in greased pudding dish. Cover and bake in moderate oven (375 degrees F.) 30 minutes. Uncover and bake, until brown about 15 minutes longer. Serve hot with top milk or sauce. Yield: 6 servings.

STEVED DRIED APRICOTS

Wash dried apricots and soak until plump in just enough water to cover. Cover and simmer in same water about 20 minutes, until fruit is soft. Add sugar to taste and stir until dissolved. Cool covered, to obtain thick syrup.

After you have lived on this diet for a week, write a 500-word essay describing either the apples with their effect on the benefits you have derived. The Health League of Canada will award a ten dollar (\$10.00) prize to the writer of the best essay.

Address postal card to Western Division Health League of Canada, 111 Avenue Road, Toronto, for free vitamin chart giving exact details of vitamin sources.

FOR WINTER IN RUSSIA

The Nazis are now asking the German people to contribute, for the use of imported laborers, clothing that last winter was rejected as too worn for shipment to soldiers in Russia.

During a great earthquake in 1811 the Mississippi river temporarily flowed north.

India has 38 cities with populations of more than 100,000.

The Weekly Newspaper

Plays Very Important Part in Life Of Canada

The weekly newspaper now is "the real focus of local loyalty along with the church and the school," Dr. James S. Thomson, president of the University of Saskatchewan, told delegates to the convention of the Canadian Weekly Newspapers Association at Saskatoon.

"With the growth of urban life our civilization has largely deteriorated," Dr. Thomson said. "We must look to the rural areas and the small towns for fresh streams of new life to cleanse our common life, therefore the rural church, the rural school and the small paper have an enormously important part to play in the shaping of the future."

Dr. Thomson said the war has brought a new and fundamental encounter with the basic questions of human existence. "We can no longer deal with these problems by the method of appeasement—the long conspiracy of indifference must be broken and the time for any superficial views in education had come to an end."

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"But the churches realize also that all that touches life is education. Chief among these influences is the press."

Polio Precautions

Fly Is Branded As Carrier Of This Dread Disease

Recent research tends to prove that one means by which infantile paralysis is spread far and wide is the common house fly. Long suspected of being connected in some way with the spread of this deadly disease, the fly is branded a carrier by investigators at the University of Cincinnati and Yale.

Last summer during polio outbreaks, thousands of flies were trapped in the danger areas. Solutions made from these were used to keep keys in feedings or injections. Down came the monkeys with polio.

As a result of parallel investigations by the Ontario Department of Health, Dr. John T. Phair, chief medical officer says: "We have found polio virus, which was still highly potent, four months after we had collected the flies, killed and preserved them."

In reviewing what is now known about the method of spread of poliomyelitis, Harold J. Kirby, Ontario Minister of Health, points out that the disease may result from contact with those actually suffering from it; from contact with carriers who probably never had the disease; and by exposure to the excretions of both polio cases and carriers. This exposure may be either direct or through the medium of contaminated water or flies.

In the event of poliomyelitis occurring in any community, Health Minister Kirby advises the following procedure: Keep all children away from crowds; wash fruits, tomatoes, and uncooked vegetables before serving; boil all water which is not adequately chlorinated and all milk which is not pasteurized; caution against bathing or swimming in contaminated water; destroy all flies.

Large sums of money and competent research specialists have been devoted to make insecticides efficient fly killers. For example, scientists of the Mellon Research Foundation were employed to perfect Fly-Tox. Insecticides act on the principle that flies breathe through pores in their bodies. A fine mist of the chemical is blown into the air by means of a sprayer and kills every fly it touches. Science, in some cases such as Fly-Tox, has succeeded in making the insecticide odorless and harmless to humans, and proof against staining wallpaper and fine fabrics.

But the main fact to remember if these late findings regarding flies and polio are correct, is kill that fly. Kill him by whatever means you wish as long as you do kill him.

KNEW WHAT HE KNEW

Mr. Chin and Mr. Chu stand on a bridge and watch goldfish playfully chasing each other.

Mr. Chin: "See how happy they are!"

Mr. Chu: "How do you know they are happy? You are not a goldfish."

Mr. Chin: "How do you know I don't know? You are not me!"

Relieves MONTHLY FEMALE PAIN

Women who suffer pain of irregular periods with crampy nervousness due to monthly functional disturbance—should find Lydia E. Pinkham's Vegetable Compound Tablets (with added iron) effective in relieving such distress. Pinkham's Tablets made especially for women help build up resistance against such annoying symptoms. Follow label directions. Made in Canada.

The Individual Citizen's Army

A Weekly Column About This And That In Our Canadian Army

By Alan Maurice Irwin

"What, more drill?" You've probably heard your friends in the Services grumble about drill. I've done it myself. And I've joined in arguments in which John Citizens have held forth on the subject.

In the early days of this new war I found myself lending a ready ear to complaints that "Bow and arrow soldiers" were wasting the boys' time with a lot of "barack-square stuff."

And for quite a long time, although its precision and snapness I like drill, I was inclined to subscribe to the opinion that a lot of it was wasted time, and to label myself a "bow and arrow soldier."

Two weeks ago, when I was first introduced to the new "battalion drill," I began to see the light. I suppose the reason for that was because I had to convince Reserve Army recruits that there is a reason for the drill to which so much of their early army life is devoted.

In order to supply myself with good reasons to pass along I had to think about the subject considerably more than I had previously and, as is so often the case, the whole thing fell into a pattern.

Until then my sole excuse for drill had been that it is necessary in the early days of a soldier's training to teach him that he is part of a group and that the group is not capable of functioning as a unit until it has become integrated through constant practice. In addition, of course, there is the fact that a body of men marching under complete discipline will move with less fatigue than a similar body walking at random.

I hadn't thought of the origin of the drill or the underlying reasons for its institution. And I probably wouldn't have puzzled that out for myself yet if it hadn't been necessary for me to study the "battalion drill" that is now a part of army training.

There have been one or two articles about Battalion Drill written in England and published in Canadian papers. One of these, by Captain John Beattie, Toronto newspaperman, who is now Press Liaison Officer at Corps Headquarters, emphasized that it had been received with enthusiasm by the Canadians, but did not go into much detail about the drill itself.

Two reasons for lack of detail could be that a written description of a drill is a pretty dull subject or that for security reasons no details of the drill are to be made public.

For either or both of these reasons this column will content itself with saying that Battalion Drill is a series of exercises designed to make good battle field habits instinctive and that the drill, which can be carried out literally anywhere, is practical and does just what is intended.

Introduction to Battalion Drill gave me a shock and brought the realization that "drill" actually can have a goal, that its purpose is not necessarily as abstract as I had thought.

From that shock came the reasoning that "barack-square soldiering" probably had its origin in something equally useful in the days "away back when."

Now this is more superficial, why could not the origin of "form platoon" have been for the purpose of teaching soldiers how to form squares rapidly and instinctively in the days when the "square" was the unit of battle formation?

You remember those gaily-colored chronos of British infantrymen in battle don't you? The front rank knelt and with its fixed bayonets formed a sort of "cheval de frise" for the protection of the rear rank which stood with muskets poised ready to mow down attackers by volleys.

It is easy enough to picture the troops marching to battle in columns of fours and to imagine the command, "at the halt on the left, form half company." Forming two deep as they carried out the order, the leading group would then be in position to meet a cavalry charge.

It sounds reasonable, doesn't it? And at that time the drill would have been as much to recommend it as Battalion Drill has today.

Off the battle field it is still necessary to have drill movements for the orderly handling of troops, and for soldiers of the Individual Citizen's Army drill has its uses too.

Drill for civilians? Sure! We've all been drilling ever since gasoline was rationed. That particular drill didn't affect us all, but the next one did.

That's right! Sugar! But even more important than the absolute rationing of sugar announced May 26 was the voluntary rationing of tea.

KILL FILTHY FLIES WITH FLY-TOX

Summer dysentery, infantile paralysis and typhoid are among the score of disease germs on the body of a fly.

Fly-Tox Fly-Tox brings quick, sure death to all insects. Pleasant—easy to use—economical. Sold everywhere.



Flies' legs are sticky with disease germs. They drop everything touched by the fly.

Most fly specks are vomit spots—flies eat garbage and manure.

GEMS OF THOUGHT

PREPARATION

It is impossible should take true root but by the fair weather that you make yourself; it is needful that you frame the season for your own harvest.—Shakespeare.

What stubbing, plowing, digging, and harrowing is to the land, that thinking, reflecting, examining is to the mind.—George Berkeley.

Get away from the crowd when you can. Keep yourself to yourself, if only for a few hours daily.—Arthur Brisbane.

One's first lesson is to learn one's self; having done this, one will naturally, through grace from God, forgive his brother and love his enemies.—Mary Baker Eddy.

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.—II Timothy 2:15.

Joy does not happen. It is the inevitable result of certain lines followed and laws obeyed, and so a matter of character.—M. B. Babcock.

Cooled lava, after a few years of weathering, provides fine soil for Hawaii's sugar cane crops.

The Nazis have stopped the education of Polish children at the age of twelve.



Flavour... but so elusive

WHEN THAT DELICIOUS ROAST BEGINS TO COOL... THEN FLAVOUR AND MOISTURE STEALTHILY SLIP AWAY. KEEP THAT FLAVOUR AND MOISTURE IN YOUR MEATS... BY WRAPPING THEM IN

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SO CRISP THEY C-R-A-C-K-L-E IN CREAM!

"ALL THAT GLITTERS"

— By —
ANNE TEDLOCK BROOKS

CHAPTER XXXVI.

It will be a beautiful wedding, Tamar thought as she watched the florists arranging the banks of flowers against the fireplace. The tall white tapers in the candelabra, the white satin ribbon streamers marking off the places for the bride and groom and their attendants, the soft glow of the lamps that would presently be lighted—these things Selby must have.

Tamar had promised one last peek at the big drawing room before coming up to help Selby put on the white satin gown that she had already laid out. Tamar's own dress was of soft blue, with full sweeping skirt, light basque and rows of tiny seed pearls about the sweetheart neck and peplum. On her black curls was perched a tiny blue hat, lavishly covered with peach colored flowers and veil that matched the color of the roses in her corsage.

Tamar paused for a moment to step through the swinging doors to the long dining room. All of the tradition of Sheridan weddings was being carried out.

Old Mammy Tropic stood by the table, white suit, stiffly elegant, checking over the silver. The big urns and accessories stood on their polished trays; the crystal alone with fire, the snowy linen dropped into voluminous lengths to the floor about the groning table.

Tamar could hear the servants moving about quietly in the kitchen, and the softly subdued chatter and confusion that marks preparation for an important event.

Pinecrest was having a wedding! The lawns were sans lawns, the long drives had been swept, the trailing vines caught back, the old trees bent their heads in waiting.

As she glanced out the hall window, Tamar saw a station wagon turn in at the drive. That would be the second cousins from Atlanta coming in on the 11 o'clock train. She ran for the stairs. Right now there were tears trembling on her lashes because everything was so beautiful, and because Selby would be leaving for Boston, and because—well just because.

Tamar hurried up to the room she had shared with Selby, which by this time would be one of wildest confusion. Missy would be standing about with her mouth full of pins, aching for an opportunity to pin up something—no matter what—or just obey one more command from her beloved mistress. Little Miss Abernathy, the seamstress, would be critically eyeing the handwork of her old wrinkled hands; and Selby—Selby would be there only in the flesh.

Presently there would arrive the other girls and the others—all laughing and dressed up in picturesque colors and severe black and

white. Then there would be just time for a quick look at the arriving guests and then Lohengrin.

Selby was standing there glowingly radiant. "Tamar! Everything is perfect. Look at this gown—it couldn't be sweeter than if it had been 10 years in the making. Oh, Missy don't start crying again. There's nothing to cry about. I'd think you'd be glad to get rid of me!"

Selby pulled out a drawer. "Here, child, take this sweater and skirt for a present and run down like a good girl and ask mother if she can come up now."

The next hour the guests arrived, the principals of the ceremony were all there—excepting Christopher, the groom, and Dick, the best man. Tamar looked anxiously at her watch once more. Ten till 12. Oh dear, where can they be? she wondered. Thank goodness Selby didn't know yet that they hadn't come.

Tamar went down the back stairs and crept cautiously into the kitchen hall. "Missy" she whispered, "ask Mr. Todd, Ranny—to come here."

She watched through the crack in the doorway while Missy went up to the group in the conservatory where the attendants were chatting pleasantly. Missy whispered in Ranny's ear and he quickly left them. How handsome he looked as he crossed the room. His broad shoulders well back, his tall figure proud in its bearing.

As Ranny opened the door Tamar saw a long black limousine pass the window. "Oh, thank heaven!" she breathed. "I was so afraid that something had happened. Get back to your duty." She gave him a quick smile and ran toward the stairs. "Wait—" she stopped him. "Do you have the ring?"

"Safe as safe!" he patted an inner breast pocket. "Wait—Tamar! You look lovely. I—" he stopped inadequately.

This is just what Selby wants, Tamar thought as the minister began in a clear strong voice. Her back toward the sea of faces, friends of the Sheridans, beloved people of long years of close association. The air was sweet with the scent of roses and lilies of the valley.

Then it was over, and the bridegroom had kissed his bride, and now it was Tamar's turn to kiss Mrs. Christopher Sande. Congratulations, best wishes, glimpses of the wedding gifts in the big game room upstairs, servants

serving trays of frosted drinks. Selby cutting the wedding cake, with Christopher's hand on her to guide the knife down through the magnificence of white tiers.

"You are a beautiful bride, Selby," Tamar managed to whisper just before they hurried up to let Selby's mother help her with the going-away-suit.

Then Selby was ready and she asked Tamar to run on downstairs so she could have one more minute with her mother and father. Tamar smiled at her and hurried along. "Is she coming?" asked some one quickly. Then the girls grouped themselves at the foot of the big staircase anxious for the bride's reappearance.

"Just time to get to the altar at Atlanta," said Dick methodically to the bridegroom, who stood with one foot on the first step.

Then Christopher went up them, two at a time, at the sound of an opening door above. Another moment and together they made the turn at the landing.

"The bride bouquet, Mrs. Sande!" cried one of the girls. Selby paused and leaned over the walnut rail. "Ready!" "Tamar! Oh, Tamar!" some one cried enviously.

"Who else would I want to have my bouquet?" Selby whispered into Tamar's ear as she swept a good-by kiss to her cheek.

Then the guests rushed pellmell to the long verandah to throw rice and old shoes.

Tamar felt a hand on her arm. "I've got my car at the back door, and we can sneak away, Tam, so you won't see the last farwells. I'll take you down the old trail through the Sheridans' peach orchard."

Tamar silently squeezed Ranny's hand. Her eyes were ridiculously dimmed with tears and the bridal bouquet was pressed tightly in her arms.

It was good to feel Ranny's hand about her as they ran swiftly so that they could get out of the drive and away to the old road before the limousine started up.

Ranny smiled at her engagingly. "It was tops, wasn't it?" "Beautiful, Selby was the loveliest bride I ever saw," she said, remembering the high color on Selby's cheeks, the gold of her thick curls clustered about the veil. The catch in her throat at their parting was not quite so painful at this moment. Selby would be back for a visit soon even if Chris were through temporarily at the Cricket Hill. As soon as they started up operations again he was going to be needed.

Just briefly her thoughts touched upon the last month. But she could not allow any unpleasantness creep within them to mar the perfectness of this day. It was all settled. Major Towne had forfeited the right to his lease and was now in a Federal prison. His man, Fettes, had confessed enough to make possible the capture of the other involved, and once more things were at peace at Sladwell.

Ranny turned the car back into the main highway as they left the orchard. They drove opposite the direction that Christopher and Selby would take. "We'd better put this robe about you," Ranny said, holding the wheel with one hand and reaching for the robe on the shelf above the seat.

"I'm too excited. I guess; for it doesn't seem cool." They drove silently for a moment. "Light me a cigarette, will you, please?" he asked. She lit two, and they smoked thoughtfully.

Tamar did not speak. It hadn't yet occurred to her that she had left her wraps, her luggage and her father at Pinecrest.

Ranny drew the car up at the edge of the footpath that ran along the river. He slipped his arms out of his dinner jacket, lifted the robe from Tamar and held out the coat. She slipped her arms through his sleeves.

He got out of the car and went to her door and opened it. Taking her hand he led her to the river's edge. She held the long blue skirt aside so that she would not step on its hem, walking softly over the browning moss and the rustling leaves.

Ranny led her to the wishing stone in their Fairy Ring of childhood days. He turned her about three times. "Make a wish Tamar, and close your eyes."

She obeyed him, smiling as he began to count to 10 after the wish. The old ceremony. He stopped on eight. "Now, Miss Randolph, would it be taking too much for granted to ask you to hold them closed for 10 seconds?"

She felt his lips upon hers. It was much longer than 10 seconds. "Ranny," she whispered. "Todd has the floor, Miss Randolph. Will you marry me?"

Ranny's eyes opened slowly. Their blue was the color of heaven above the Chestates. "Ranny," she said, solemnly, "That's the only wish I ever made on that darned stone that came true!" (The End.)

SELECTED RECIPES

RECIPE OF THE WEEK
When the blueberries hang ripe on the bushes, people with a taste for good things to eat generally turn out a batch of blueberry muffins. Below is a recipe that tries a new stunt—add crisp shreds of bran to the batter for a delightful nut-like flavor.

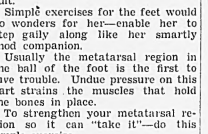
All-Bran Blueberry Muffins
2 tablespoons shortening
1 cup sugar
1 egg
1 cup All-Bran
1/2 cup milk
1 cup flour
1/2 teaspoon salt
2 1/2 teaspoons baking powder
1/2 cup blueberries or huckleberries

Cream shortening and sugar thoroughly; add egg and beat well. Stir in All-Bran and milk; let soak until most of moisture is taken up. Sift flour with salt and baking powder; add to first mixture with the berries and stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in moderately hot oven (400 degrees F.) about 30 minutes.

Yield: 8 large muffins (3 inches in diameter) or 12 small muffins (2 1/2 inches in diameter). Note: When sour milk or buttermilk is used instead of sweet milk, reduce baking powder to 1 1/2 teaspoon and add 1/2 teaspoon soda.

HOME SERVICE

SIMPLE EXERCISES HELP EASE ACHING FEET



Feet Affect The Figure Too
"Let me sit down!" gasps the woman with aching feet.

Even her oldest shoes haven't relieved the strain on her tortured foot muscles. Severe pain, a haggard expression and poor posture are the result.

Simple exercises for the feet would do wonders for her—enable her to step gaily along like her smartly shod companion.

Usually the metatarsal region in the ball of the foot is the first to give trouble. Undue pressure on this part strains the muscles that hold the bones in place.

To strengthen your metatarsal region so it can "take it"—do this simple exercise.

1 Lay a towel on the floor and keeping feet pointed straight ahead, place toes on edge nearest you. Keep heels on floor and using gripping movement of the toes, pull towel back under the insteps. Repeat five to seven times.

2 With right exercises you can correct other body faults too—have a trim, young figure. Our 32-page booklet gives illustrated exercises to slim the waist, hips, legs to improve bust, shoulders and arms, to relieve foot and nerve troubles, constipation. Has exercises to improve posture, a daily routine for whole body.

Sends 15c in coins for your copy of "Best Exercises for Health and Beauty" to Home Service Dept., Winnipeg News-Express, 175 McDermott Ave. E., Winnipeg, Man. Be sure to write plainly your name, address, and the name of booklet.

Rain falls 286 days in the year at some places. 2478

No Coupons Needed for Postum



TEA and coffee rationing does not apply to Postum. No coupons are needed to buy this grand mealtime beverage.

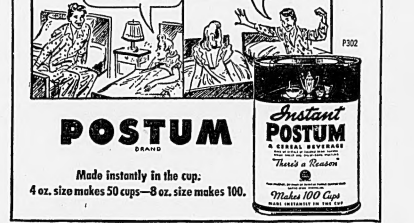
Conserve tea and coffee in your home by drinking Postum. You'll be surprised and delighted to learn how satisfying Postum is.

A delicious beverage with a robust, inviting flavor. Postum is quick and easy to make, and economical to use. SAFE for the whole family—contains no caffeine or tannin, nothing to upset nerves or stomach.

SLEPT LIKE A BABY AGAIN, JANE. THAT CERTAINLY PROVES THAT CAFFEIN AND TANNIN WERE BOTHERING MY NERVES...

YOU'RE WEARING A SMILE, TOO.

"YES—SINCE I SWITCHED TO POSTUM, I'VE LOST MY GRUMPINESS. I FEEL BETTER AND WORK BETTER—IT'S A GRAND MEALTIME BEVERAGE THAT LETS YOU RELAX."



POSTUM

Made instantly in the cup.

4 oz. size makes 50 cups—8 oz. size makes 100.

NOT MANY SPECTATORS
When the town of Westwood, Mass., population 3,400, recently held a patriotic parade, so large a proportion of its residents marched that virtually the only spectators were a small group of Westwood's elderly people, the very youngest of its children and folks from out of town—and there weren't too many of them.

In 1889, a comet was observed by astronomers until it had reached 740,000 miles from the sun.

Shetland ponies are used as draft animals in the Shetland Islands.

DIFFERENT OVER THERE
Some people, says the Ottawa Journal, worry about their tea ration. But in England there is hardly a night when at least a few German bombers are not overhead doing their devilish work. Here we can sleep safely in our beds. There, in a casual two-plane raid, a hospital was bombed, and the streets of a coast town machine-gunned.

Bees suffer from fleas of a special variety. These bee fleas are only 1-600th of an inch long and are invisible to the eye of man.

X-X OUR CROSSWORD PUZZLE X-X

No. 4789 (Reviewed by The Bell Syndicate, Inc.)

| | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
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- HORIZONTAL**
- 1 Preposition
 - 6 Inevitable
 - 8 Wolfhound
 - 12 Of a Celebes
 - 13 Sea eagle
 - 14 Geometrical figure
 - 15 Tides
 - 16 To relax
 - 18 Pertaining to teeth
 - 20 Pressed
 - 21 Hindu weight
 - 22 Former Turkish officers
 - 23 Exclamation of disapproval
 - 25 Courtroom
 - 26 Sacred bird
 - 27 Period of time
 - 32 To cut
 - 34 Takes the place of
 - 37 Indo-Chinese language
- VERTICAL**
- 1 Magic stick
 - 2 Arrow
 - 3 Unit of local government
 - 4 Rapidity
 - 5 To ring
 - 6 Sphere
 - 7 Poor
 - 8 Approaches
 - 9 Permission to use

- 10 Snake**
- 11 To require
 - 17 Persia
 - 19 Constellation
 - 22 To make amends
 - 23 Encore!
 - 24 Health resort in India
 - 26 Wagon driver
 - 27 Enclosed
 - 28 By way of
 - 29 Slender
 - 31 Globes
 - 35 Venezuelan tree-snake
 - 36 Number
 - 40 Peruvian
 - 41 Bermudan barcarda
 - 42 Italian river
 - 43 Large flies
 - 44 Biblical garden
 - 45 Verb
 - 46 Let it stand
 - 48 Historical period

THE ANSWER TO THIS PUZZLE, No. 4789, WILL BE SOWN IN THE SPACE IN OUR NEXT ISSUE.

CUTS, BURNS Scalds, Aches, Itches, Bruises, etc. Use this new, fast-acting, soothing, healing salve.



E-Zalve

HEALING SALVE AT ALL DRUG STORES



—Plates courtesy Monetary Times, Toronto.

Vancouver, British Columbia, probably has the narrowest building in the world. It is only six feet wide and is located in Chinatown. It has shops on the first floor, living quarters on the second. Its story is told in an Associated Screen "Did You Know That" movie short.

Post Offices Sell Them

Buy WAR SAVINGS STAMPS

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Guaranteed

**ROBINSON
CARTAGE**

**SEVENTIME
CROOD
HARVEST**

Dr. K. H. Neathy
Director, Agricultural Department
1st West Line Elevator Association

Tough Grain

Thin or damp grain is like the first lot of the season you can get rid of. It is the better. The farmer with tough grain will be in a tough (1) position this year. Due to the congested condition of storage, accommodation for tough grain will be extremely limited or entirely lacking.

The reason of tough grain is likely to be increased this year as a result of the general use of combines, particularly in the hands of inexperienced operators who may start harvesting before the crop is ready.

The following suggestions are recommended from a statement issued by the Alberta Department of Agriculture. They have special significance for Alberta and Saskatchewan farmers.

To Avoid Loss from Tough Grain

As grain in stack or swath to become thoroughly dry after a rain or heavy dew before threshing or combining.

After standing grain to become thoroughly dry before straight combining.

When crops should be studied carefully. Straight combining may be added to the mixture of the threshed grain.

Storage Suggestions

Grain seeds and other foreign matter should be removed by machine before final storage.

For the bin, the greater risk of loss is from the grain must be stored on concrete floors, a foot or more above the ground, and covered with building or water-tight paper will assist in preventing loss. (Avoid use of tar paper).

Check for leaks. Exclude drifting rain.

Where labour permits, grain too moist to be threshed may often be stacked and carried over winter to be threshed at a later date.

There are no practical ways of drying tough grain in the farm.

For more information, a stream of grain may be sent by writing to your Provincial Department of Agriculture.

FOR SALE

JOHN DEER BINDER
Cash—or Trade for CATTLE

J. C. Bayley

FOR SALE

For Sale — a BARN—
reduced in price
Apply to Mrs. V. Lee

FOR SALE

PIANO—Solid Oak Case
in excellent condition at
Bargain Price.
Apply to Advance Office

POUND NOTICE

Impounded in Pound on
S. E. 1-4 17, 25, 27
One Bay Mare 3 years old
White Star, left Hind foot
White, Wire Cut on Right
Hock.

No visible Brand
Will be sold on Aug 28th, at
1:30 p. m unless sooner
claimed.

Norman Courts
Pound Keeper.

Mr. Watson spent last week
in Edmonton, returning on
Wednesday.

Mr. H. D. Connor and Miss
Nancy were Calgary visitors re-
turning on Tuesday morning.

Miss Emley Zawasky was a
Calgary weekend visitor.

Announce Day Of Prayer

Ottawa, Aug. 23rd—Proclamation of Sunday, Sept. 6, as a national day of prayer and dedication was contained in an extra edition of the Canadian Gazette issued today. Sept. 3rd is being observed as a national day of prayer in the United Kingdom.

Wrapped to keep it pure,
full strength,
ROYAL never lets
you down.
Gives you bread
that's extra fine
Smoothest, sweetest
in the town!

**ROYAL
YEAST
CAKES**

INDIVIDUALLY WRAPPED

MADE IN CANADA

SIT BACK FOR A MINUTE . . .

THINK of the things you want for
yourself, your children and the
days to come. Most hopes are simple
ones. Translate these ordinary, pleasant
things to the grisly pictures of
wreckage and starvation that comes to
us with the news every day.

Then get a new grip on yourself

Quarters and half dollars may seem
"small potatoes" as a protection from
these horrors— but . . .

Let Canada have them NOW, in a
steady, self denying stream.

Buy—
WAR SAVINGS STAMPS
Every Week!

SPACE DONATED BY THE
BREWING INDUSTRY OF ALBERTA

SUBSCRIPTION BARGAINS!

Make the Whole Family
HAPPY

YOUR LOCAL NEWSPAPER

These Combination Offers are the Biggest Bargains of the year and are fully guaranteed. If you already subscribe to any of the magazines listed, your subscription will be extended. Send us the Coupon TODAY.

BIG-FAMILY OFFER

This Newspaper 1 year, and Your Choice of THREE of These Publications

- Check THREE MAGAZINES—ENCLOSE WITH ORDER
- | | |
|---|--|
| <input type="checkbox"/> Canadian Home Journal, 1 yr. | <input type="checkbox"/> Click (The National Picture Monthly), 1 yr. |
| <input type="checkbox"/> National Home Monthly, 1 yr. | <input type="checkbox"/> Screen Guide, 1 yr. |
| <input type="checkbox"/> Family Herald & Weekly Star, 1 yr. | <input type="checkbox"/> Country Guide & Nor-West Farmer, 2 yrs. |
| <input type="checkbox"/> Free Press Prairie Farmer, 1 yr. | <input type="checkbox"/> Western Producer, 1 yr. |
| <input type="checkbox"/> Canada Poultryman (Vancouver), 1 yr. | <input type="checkbox"/> Canadian Poultry Review, 1 yr. |
| <input type="checkbox"/> Canadian Horticulture & Home, 1 yr. | <input type="checkbox"/> Red & Gun in Canada, 1 yr. |
| <input type="checkbox"/> American Fruit Grower, 1 yr. | <input type="checkbox"/> American Girl, 6 mos. |

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2.50**

SUPER-VALUE OFFER

This Newspaper 1 year, and Your Choice of ONE Magazine in Group "A" and TWO Magazines in Group "B"

- | GROUP "A" | GROUP "B" |
|--|--|
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| <input type="checkbox"/> Magazine Digest, 6 mos. | <input type="checkbox"/> National Home Monthly, 1 yr. |
| <input type="checkbox"/> True Story, 1 yr. | <input type="checkbox"/> Family Herald & Weekly Star, 1 yr. |
| <input type="checkbox"/> Silver Screen, 1 yr. | <input type="checkbox"/> Free Press Prairie Farmer, 1 yr. |
| <input type="checkbox"/> Christian Herald, 6 mos. | <input type="checkbox"/> Western Producer, 1 yr. |
| <input type="checkbox"/> Fact Digest, 1 yr. | <input type="checkbox"/> Canada Poultryman (Vancouver), 1 yr. |
| <input type="checkbox"/> Flower Grower, 1 yr. | <input type="checkbox"/> Screen Guide, 1 yr. |
| <input type="checkbox"/> Family Herald & Weekly Star, 2 yrs. | <input type="checkbox"/> Country Guide & Nor-West Farmer, 2 yrs. |
| <input type="checkbox"/> Science & Discovery, 1 yr. | <input type="checkbox"/> Red & Gun in Canada, 1 yr. |
| <input type="checkbox"/> American Girl, 1 yr. | <input type="checkbox"/> Canadian Poultry Review, 1 yr. |
| <input type="checkbox"/> Parents' Magazine, 6 mos. | <input type="checkbox"/> Canadian Horticulture & Home, 1 yr. |
| <input type="checkbox"/> Open Road for Boys, 1 yr. | |
| <input type="checkbox"/> Screenland, 1 yr. | |

**ALL FOUR
ONLY
3.10**

This Newspaper 1 year, and Your Choice of ONE other publication at Price Listed

| | |
|--|---|
| <input type="checkbox"/> Liberty (Weekly), 1 yr. \$2.50 | <input type="checkbox"/> American Magazine, 1 yr. 3.50 |
| <input type="checkbox"/> Canadian Home Journal, 1 yr. 2.00 | <input type="checkbox"/> Screenland, 1 yr. 2.25 |
| <input type="checkbox"/> National Home Monthly, 1 yr. 2.00 | <input type="checkbox"/> American Girl, 1 yr. 2.25 |
| <input type="checkbox"/> Family Herald & Weekly Star, 1 yr. 2.00 | <input type="checkbox"/> Christian Herald, 1 yr. 3.00 |
| <input type="checkbox"/> Free Press Prairie Farmer, 1 yr. 2.00 | |
| <input type="checkbox"/> Country Guide & Nor-West Farmer, 2 yrs. 2.00 | |
| <input type="checkbox"/> Western Producer, 1 yr. 2.00 | |
| <input type="checkbox"/> Click (The National Picture Monthly), 1 yr. 2.00 | |
| <input type="checkbox"/> True Story, 1 yr. 2.25 | |
| <input type="checkbox"/> Redbook Magazine, 1 yr. 3.50 | |
| <input type="checkbox"/> Screen Guide, 1 yr. 2.00 | |
| <input type="checkbox"/> Parents' Magazine, 1 yr. 3.00 | |
| <input type="checkbox"/> Magazine Digest, 1 yr. 3.50 | |
| <input type="checkbox"/> Physical Culture, 1 yr. 2.00 | |
| <input type="checkbox"/> Canada Poultryman, 1 yr. 1.75 | |
| <input type="checkbox"/> Popular Science Monthly, 1 yr. 3.15 | |
| <input type="checkbox"/> Child Life, 1 yr. 2.25 | |

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Please clip list of magazines after checking ones desired. Fill out coupon carefully and mail to your local paper.

Enclosure: I enclose \$. . . I am checking below the offer desired with a year's subscription to your paper.

☐ All-Family ☐ Super-Value ☐ Single Magazine

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R.R. Province

"We'll have a real nest-egg after this war!"

OUR FAMILY went through hard times once. It taught us that you can't keep your independence without foresight and sacrifice. We learned what we could do without when we had to. So we know that a real nest-egg means more than just compulsory savings. It means all the War Savings Stamps and Certificates we can lay our hands on.

They're safe. And they're an investment every Canadian should make. Why? Because they help equip our fighting men to protect everything we've got. And because, too, they pay back \$5.00 for every \$4.00 we put aside now. We've got to win this war no matter what it costs — and we've got to prepare against the time when the boys come home.

Buy War Savings Stamps from druggists, banks, post offices, telephone offices, department stores, grocers, tobacconists and other retail stores. Certificates may be purchased for immediate delivery in denominations of \$5, \$10, \$25 from banks, Trust Companies and Post Offices.



61-5 National War Finance Committee